## WHAT IS CLAIMED IS:

- 1. An antenna structure, comprising:
- an antenna trace formed on a substrate proximate a ground
- 3 plane of said substrate; and
- 4 an insulation region extending through said substrate and
- 5 located between said antenna trace and said ground plane.
  - 2. The antenna structure recited in Claim 1 wherein said
- 2 insulation region includes a plurality of insulation regions.
- 3. The antenna structure recited in Claim 2 wherein each of
- 2 said insulation regions are separated by a portion of said
- 3 substrate.
- 4. The antenna structure recited in Claim 1 wherein said
- 2 insulation region is an opening that extends through said substrate
- 3 and an insulator of said insulation region is air.
- 5. The antenna structure recited in Claim 1 wherein said
- 2 insulation region includes an insulation material selected from a
- 3 group consisting of:
- 4 ABS plastic;
- 5 ceramic; and

Teflon.

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- The antenna structure recited in Claim 1 wherein said antenna trace includes antenna traces located on opposing surfaces 2 of said substrate. 3
- The antenna structure recited in Claim 1 wherein said antenna traces are interconnected by vias extending through said 2 substrate.

- 8. A method of manufacturing an antenna structure,
- 2 comprising:
- forming an antenna trace on a substrate proximate a ground
- 4 plane of said substrate; and
- 5 creating an insulation region extending through said substrate
- 6 and located between said antenna trace and said ground plane.
  - 9. The method recited in Claim 8 wherein said creating
- 2 includes creating a plurality of insulation regions.
- 10. The method recited in Claim 8 wherein said creating a
- 2 plurality of insulation regions includes creating a plurality of
- 3 insulation regions separated by a portion of said substrate.
- 11. The method recited in Claim 8 wherein said creating an
- 2 insulation region includes creating an opening that extends through
- 3 said substrate and wherein an insulator of said insulation region
- 4 is air.
- 12. The method recited in Claim 11 wherein said creating an
- opening includes drilling a hole in said substrate.
  - 13. The method recited in Claim 8 wherein said creating
- 2 includes creating an insulation region having an insulation
- 3 material selected from a group consisting of:

- 4 ABS plastic; 5 ceramic; and 6 Teflon.
- 14. The method recited in Claim 8 wherein said forming
  includes forming antenna traces located on opposing surfaces of
  said substrate interconnected by vias extending through said
  substrate.

- 15. A printed circuit board (PCB), comprising:
- a substrate having a ground plane and conductive traces formed thereon; and
- 4 an antenna structure, including:
- an antenna trace formed on said substrate proximate said
- 6 ground plane; and
- 7 an insulation region extending through said substrate and
- 8 located between said antenna trace and said ground plane.
- 16. The PCB recited in Claim 15 further including electrical
- 2 components mounted on said substrate and interconnected between at
- 3 least one of said conductive traces and said ground plane to form
- 4 an operative circuit.
- 17. The PCB recited in Claim 15 wherein said insulation
- 2 region includes a plurality of insulation regions separated by a
- 3 portion of said substrate.
- 18. The PCB recited in Claim 15 wherein said insulation
- 2 region is an opening that extends through said substrate and an
- 3 insulator of said insulation region is air.
- 19. The PCB recited in Claim 15 wherein said insulation
- 2 region includes an insulation material selected from a group
- 3 consisting of:

- 4 ABS plastic;
- 5 ceramic; and
- 6 Teflon.
- 20. The PCB recited in Claim 15 wherein said antenna trace includes antenna traces located on opposing surfaces of said substrate interconnected by vias extending through said substrate.